

Let's Talk!

Family Planning Hotline
1-800-770-4334

Emergency Contraception Hotline
1-888-NOT-2-LATE
(1-888-668-2528)

Department of Social and Health Services
Medical Assistance Administration
DSHS 22-400(X) (Rev. 5/04)

Why Family Planning is important to you

- Helps you decide if or when to have children
- Helps you take charge of your own life
- Promotes better health for you and your children

Use your DSHS Medical ID card to get products such as:

- Prescription birth control methods:
 - Birth control pills
 - Contraceptive patch
 - Contraceptive ring
 - Emergency contraception
 - Diaphragm or cervical cap
 - IUD
 - Depo shot
- Annual gynecological exam
- Over-the-counter contraceptives without a prescription at a pharmacy:
 - Male and female condoms
 - Spermicides (contraceptive gel, cream, foam, and suppositories)
- Vaginal contraceptive film from a family planning clinic
- Sterilization for men or women

You can get family planning services at a family planning clinic, health department, pharmacy, or doctor's office.